



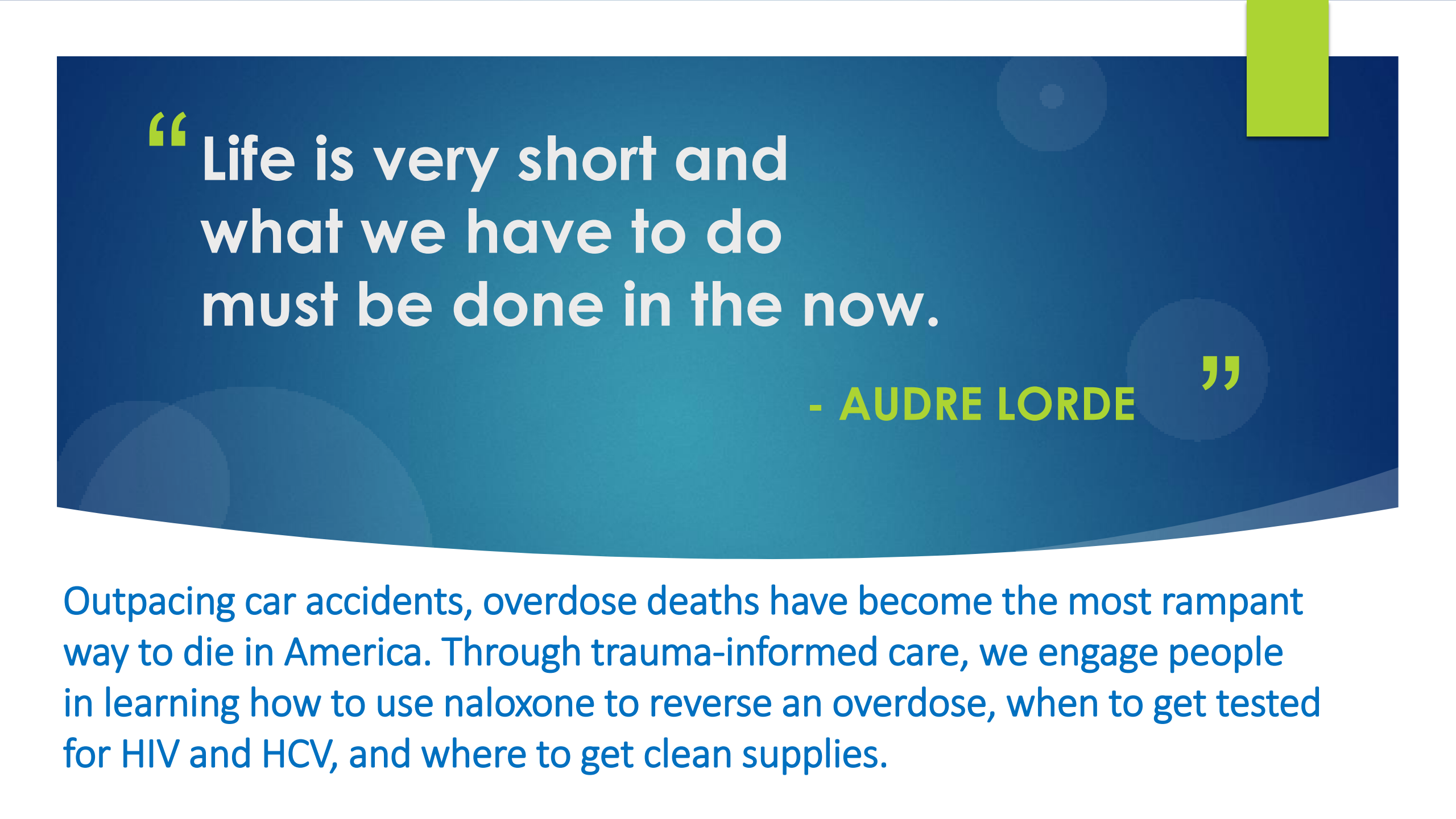
Trauma-Informed Care Via Syringe Exchange Program

RURAL AIDS ACTION NETWORK, 2017 MAGGIE KAZEL, MSE

Care Theories & Practice: or *How We Do What We Do*

- ▶ Dr. Judith Herman
- ▶ Dr. Camara Jones
- ▶ Dr. Iris Heavy Runner (Blackfeet Nation)
- ▶ Dave Purchase
- ▶ Albert Mehrabian
- ▶ Audre Lorde
- ▶ Dr. Gabor Mate
- ▶ Dr. Cathy Malchiodi





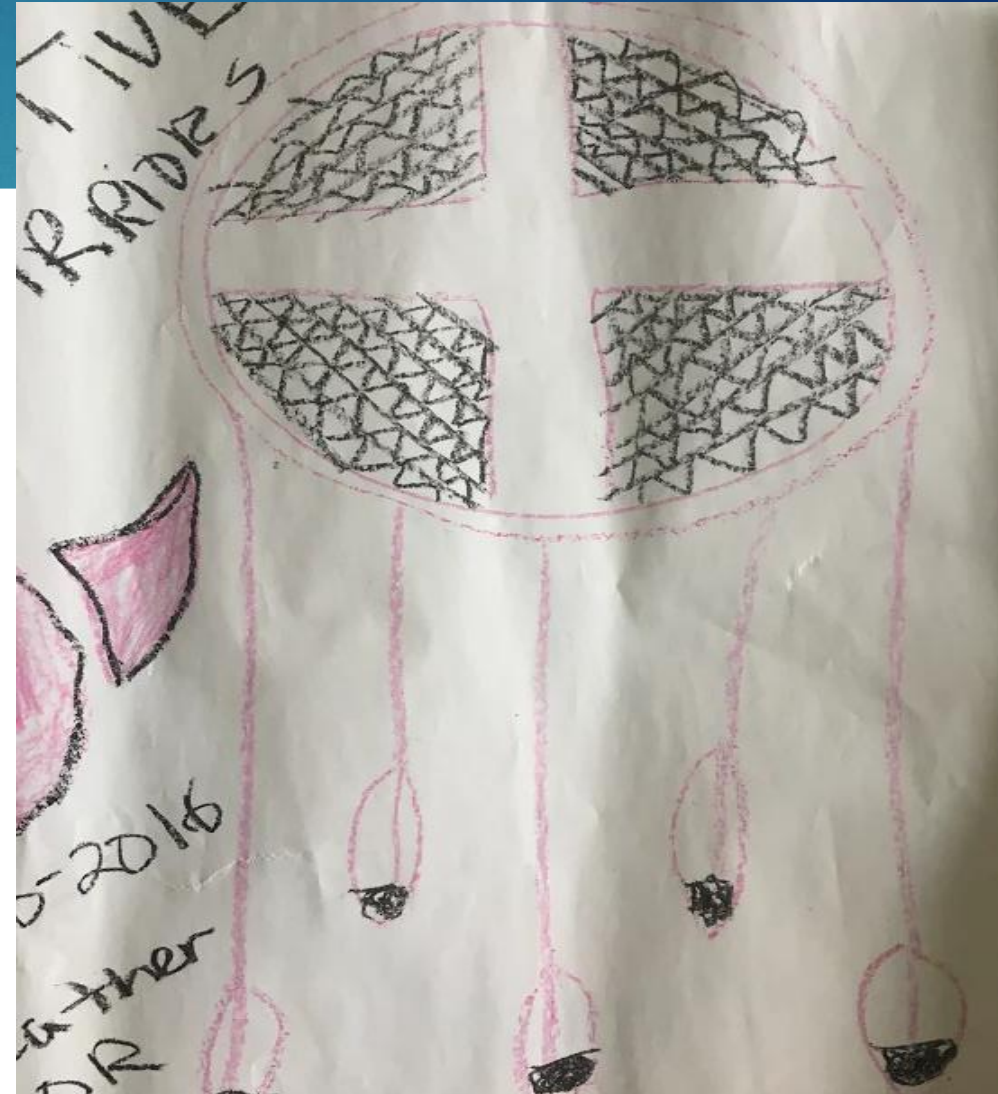
“Life is very short and
what we have to do
must be done in the now.

- AUDRE LORDE ”

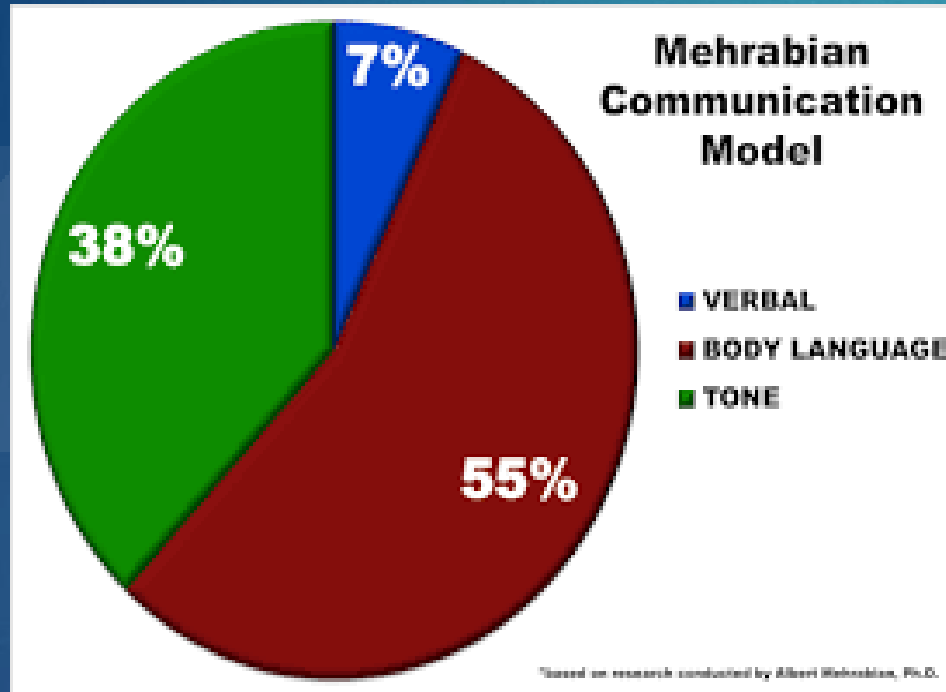
Outpacing car accidents, overdose deaths have become the most rampant way to die in America. Through trauma-informed care, we engage people in learning how to use naloxone to reverse an overdose, when to get tested for HIV and HCV, and where to get clean supplies.

Our Walk & Talk :

- ▶ Resilience in ourselves, modeled
- ▶ Resilience in our clients, shown
- ▶ Kindness: the Highest Spiritual Wisdom
- ▶ Cultural Humility
- ▶ Humor and Generosity
- ▶ Boundaries, Simple and Few
- ▶ Consistency, Consistency, Consistency
- ▶ And More Humor, Please



Albert Mehrabian



UCLA Professor Emeritus of Psychology, Mehrabian pioneered understanding of communications.

- **7% of message pertaining to feelings and attitudes is in the words that are spoken.**
- **38% of message pertaining to feelings and attitudes is paralinguistic (the way that the words are said).**
- **55% of message pertaining to feelings and attitudes is in facial expression.**



You are not your abuse.
You are not what they did to you.
You are not your trauma.

You are the cleverness that survived.
You are the courage that escaped.
You are the power that hid & protected a
tiny spark of your light.

You will fan that spark into a bonfire of
rage and love,
and with it you will burn all their lies to
ash.

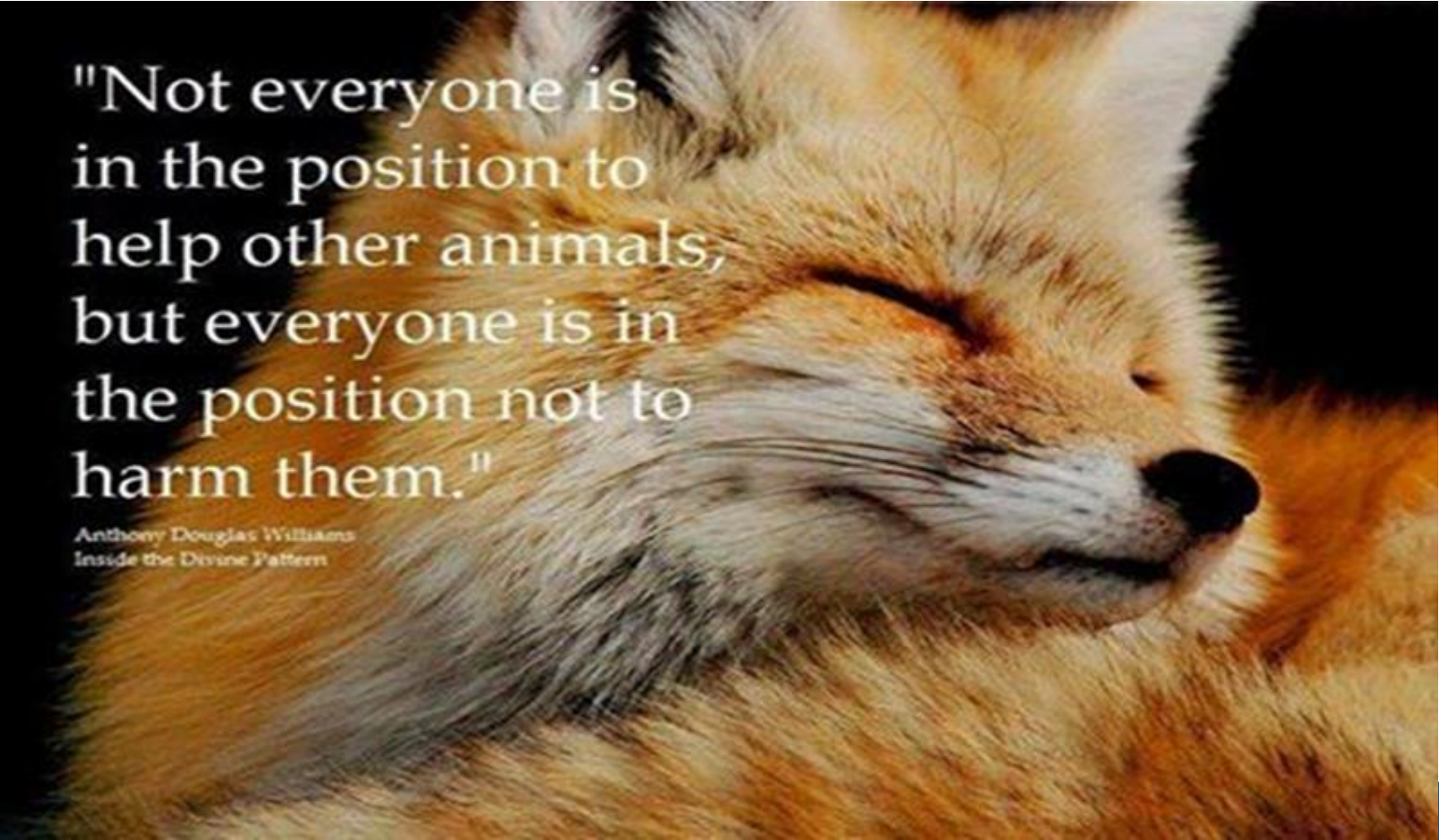
Dr. Judith Herman challenged the American Medical Association to see all victims of post traumatic stress disorder



Rewrote the DSM (Diagnostic and Statistics Manual) descriptor for Post Traumatic Stress Disorder to include women and children. Prior to her work, the only people PTSD pertained to were veterans returning from war.

❖ A paradigm shift in service delivery culture: acknowledging that no one understands the challenges of the recovery journey from trauma better than the person living it.

Dr. Herman wrote 'Trauma & Recovery' which speaks to complex trauma and explains steps needed to move towards recovery.



"Not everyone is
in the position to
help other animals,
but everyone is in
the position not to
harm them."

Anthony Douglas Williams
Inside the Divine Pattern

Most of us are not in the position
to help someone with substance use issues ...
but everyone is in the position to stop stigma in its tracks.

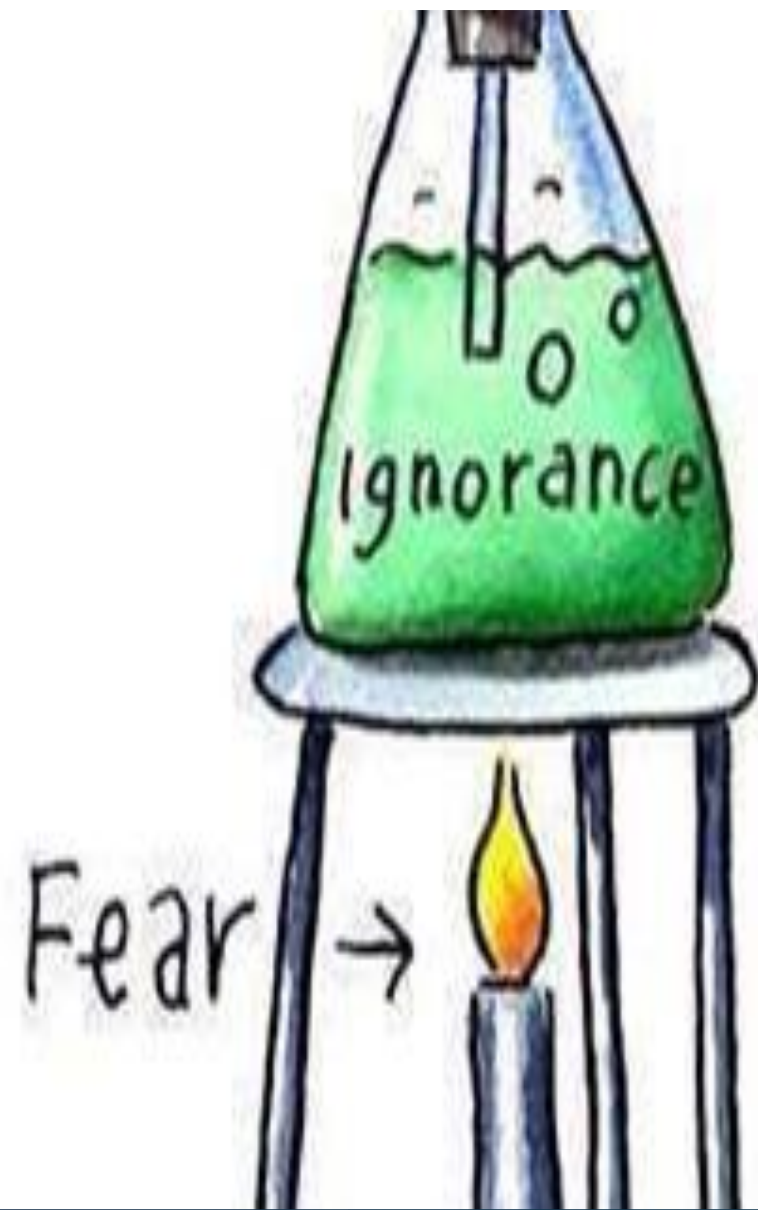


Stigma:

SHAMING, SHUNNING, ISOLATING.

WE WITNESS DAMAGE FROM STIGMA DAILY.

TRAUMA-INFORMED CARE MEANS WE LISTEN AND
RESPOND WITH COMPASSION & RESILIENCY IN MIND.



**IGNORANCE, FEAR, AND HATE ARE POWERFUL FORCES TRAUMATIZING THE
LIVES OF SUBSTANCE USERS EVERYDAY.**



***‘ANY POSITIVE CHANGE’* IS CHICAGO RECOVERY ALLIANCE’S CORE
BELIEF. DIRECTOR DAN BIGG IS INTERNATIONALLY RECOGNIZED FOR
HIS WORK WITH NALOXONE AND ITS WIDESPREAD
DISTRIBUTION.**



**HELP SOMEONE GAIN ACCESS TO STERILE EQUIPMENT:
THEY MAY AVOID THE EPIDEMICS OF HIV AND HEPATITIS C.**



**HELP SOMEONE LEARN HOW TO ADMINISTER NALOXONE:
THEY MAY SAVE THE LIFE OF THEIR LOVED ONE OR A FRIEND.**



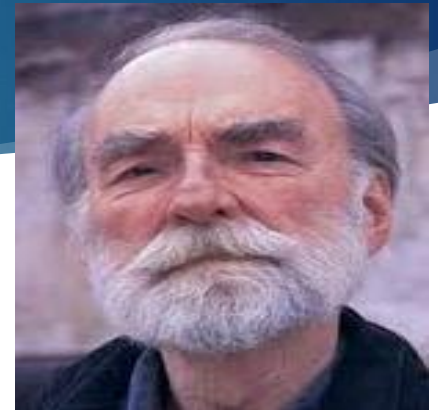
**There is nothing stronger
in the world than gentleness
- Han Suyin**

“ He handed the fellow some clean equipment, then said ‘Man, if you OD and kill yourself, don't you come running to me!’

- Dave Purchase ”

Dave Purchase: a biker, a big, bearded man with a card table and some clean equipment for folks who needed it.

“Whether or not he was literally the first to hand out syringes to stop AIDS, he was undoubtedly *the godfather of needle exchange in America* ... he was a mentor and adviser to activists and public health workers around the world.”



Cuddling literally kills depression,



relieves anxiety and strengthens the
immune system.

First,
Do
No
Harm ...

In the Realm of the Hungry Ghosts

Dr.
Gabor
Mate



The very same brain centers that interpret and feel physical pain also become activated during experiences of emotional rejection.

*

In brain scans, they light up in response to social ostracism, just as they would when triggered by physically harmful stimuli.

*

When people speak of feeling hurt or of having emotional pain, they are not being abstract or poetic, but scientifically quite precise.

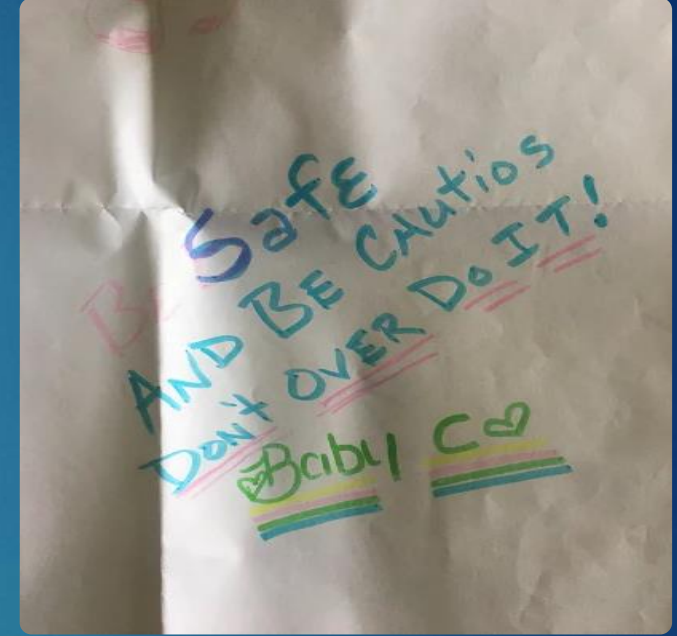
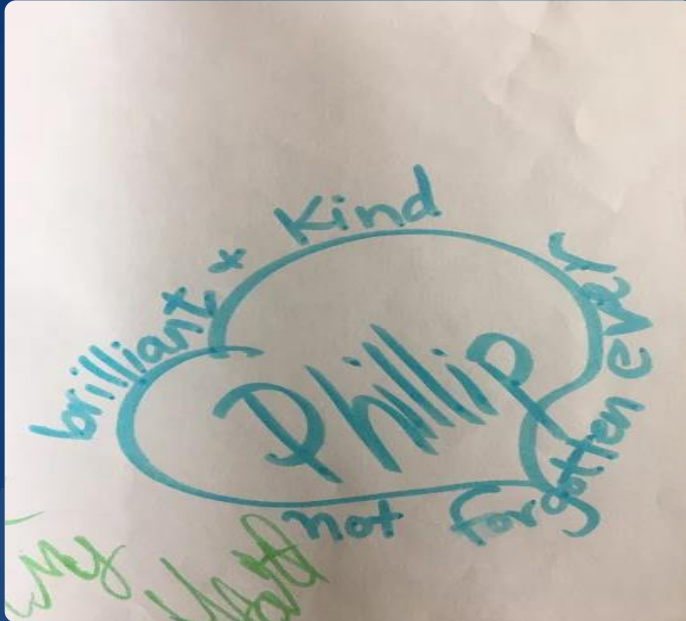
Creativity: the Force that Protects by Nurturing and Energizing Us



Dr. Cathy Malchiodi

- ▶ Trauma-Informed Care Via Expressive Arts Therapy
- ▶ 15 minutes continuous art work lowers cortisol levels
- ▶ Replace with positive observations and self-talk any negative remarks/negative self-talk by at least 7:1
- ▶ <https://www.cathymalchiodi.com/>





Artistic Self-Expression = the Dignity
and Power of Sharing Part of You

Dr. Camara Jones



- ▶ Dr. Jones created allegories and used simple drawings to help people understand the many layers of institutionalized, personally-mediated, and internalized racism.
- ▶ Check this link to her work - 'Exploring Social Determinants of Health Equity and Levels of Racism'
- ▶ http://www.acphd.org/media/112689/jones_2000925_pres.pdf



Miracle Survivors

Dr. Iris Heavy Runner
Blackfeet Nation
Cultural Resilience Theory
FEM: Family Education Model

Chester Nez

- ▶ Miracle Survivor
- ▶ Navajo Code Talker
- ▶ Reminder of Resilience



Nothing About Us



Without Us

- ▶ *Nothing About Us Without Us : This is a vital health strategy for disenfranchised people.*
*
- ▶ The power balance must be as close to equal as possible between client and provider. This is where cultural humility is derived. This is when resilience resembles dignity, kindness, humor and generosity: constantly in practice, mutually shared.
*
- ▶ Syringe exchange services work well when staffed by those who have relatively high ACES scores - Adverse Childhood Experiences – who've addressed issues and possess healthy coping mechanisms.

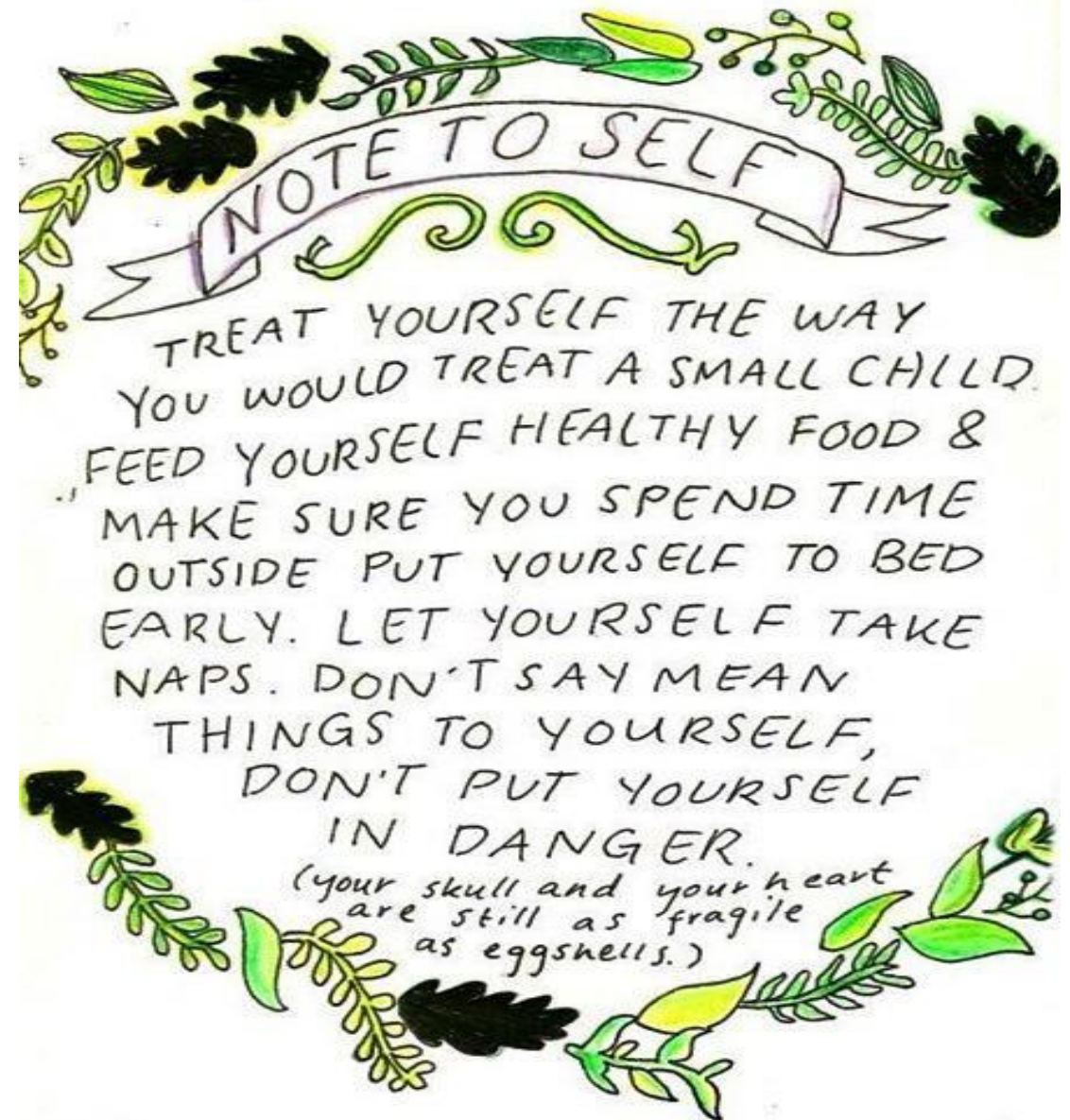
YBL

“HURT PEOPLE HURT PEOPLE.
THAT’S HOW PAIN PATTERNS GET
PASSED ON, GENERATION AFTER
GENERATION AFTER GENERATION.
BREAK THE CHAIN TODAY. MEET
ANGER WITH SYMPATHY, CONTEMPT
WITH COMPASSION, CRUELTY WITH
KINDNESS. GREET GRIMACES WITH
SMILES. FORGIVE AND FORGET
ABOUT FINDING FAULT. LOVE IS THE
WEAPON OF THE FUTURE.”

-YEHUDA BERG

**This fawn and bobcat were found
in an office together cuddling
under a desk after a forest fire.**







The waiting area in RAAN Duluth

for more information:

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www.raan.org